Bisphosphonates’ + Calcium Supplements indicated for osteoporosis

Introduction

- Bisphosphonates’ + Calcium Supplements when co-prescribed are usually indicated for osteoporosis prophylaxis.
- National Institute for Health and Clinical Excellence (NICE). Clinical Knowledge Summaries (CKS) – Osteoporosis - prevention of fragility fractures recommends that Calcium supplements are not prescribed on the same day as bisphosphonates. ([http://cks.nice.org.uk](http://cks.nice.org.uk))
- Further information can be found in Prescribing Guidelines and Policies which can be found on the CJPG website; [http://www.cambsphn.nhs.uk/CJPG/PrescribingGuidelines](http://www.cambsphn.nhs.uk/CJPG/PrescribingGuidelines).

Aim/Purpose/Background

- Reduce cost and improved quality of prescribing.
- Ensure calcium supplements are not prescribed on the same day as bisphosphonates where appropriate.
- Ensure correct quantities of calcium supplements are issued when prescribed six days a week.
- ‘Except on the day when you take your (name of bisphosphonate)’ added to dosing instructions.

Guidance for Action

- Run a report to identify all patients’ currently taking bisphosphonates + calcium supplements for osteoporosis (for SystmOne you will need to join two separate searches).
- Add dosing instructions to the report (for SystmOne use data output function).
- From your spreadsheet exclude Patients taking Strontium or pamidronate as not used for osteoporosis.
- From your spreadsheet exclude Patients with correct instruction and quantity depending on whether 1 tablet twice daily, 1 tablet once daily, dossette (except on the day when you take your alendronic acid. 48, 24 or 6 etc.).
- Patients with correct dosing instruction but the wrong issue quantity - amend issue quantity.
- Patients taking calceos - add instruction not to take on day of alendronic acid but do not adjust the quantity or issue duration. These tablets come in tubes of 15 and are not suitable for packing down. To alter the issue duration would throw out the 28 day issue cycle which could pose problems for pharmacies/practices on electronic prescribing.
- Patients taking daily bisphosphonate e.g. risedronate 5mg tablets - ensure instruction says to take calcium at lunchtime and/or evening (not at the same time as bisphosphonate).
- All other patients – add ‘Except on the day when you take your (name of bisphosphonate)’ to instruction and amend quantity accordingly.